



108th Training Command (IET)
Family Programs Office

Monthly Resource Flyer

National Depression Awareness Month

Family Programs=> Family Readiness => Soldier Readiness => Unit Readiness

October 2015



Give an Hour is a nonprofit organization providing free mental health care to U.S. military personnel and their loved ones affected by post-9/11 service. We want to help you heal. If you are seeking help, we offer a range of mental health services to address a variety of needs. On our secondary website, connected.giveanhour.org, we provide a listing of additional resources covering eight topic areas. For more information, click below.

[Learn More](#)

Vet Centers

Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.



For more information about Programs and Services that contribute to our Families Readiness and Resiliency, please contact your 108th Training Command (IET) Family Programs Office Community Outreach Assistant at erin.r.schaeffer.ctr@mail.mil.

